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LOOK, MA, BACK ON THE FRONT PAGE!

CANADA'S BRIAN MCKEEVER WINS HIS SECOND GOLD AT THE PARALYMPICS PAGE 22

On bachelorhood

Sure, our columnist has a girlfriend now, but that doesn't mean he can't live peacefully in squalor ... right? PAGE 9

Cook me, I'm Irish

Celebrate St. Paddy's Day with some lamb chops with parsley and mint sauce to serve alongside your green brew PAGE 20

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STANDING TALL

Golden Tree, a 13-metre sculpture by Vancouver artist-author Douglas Coupland, will be the centrepiece of a plaza at a new development in South Vancouver. The sculpture is a mirror-image replica of Stanley Park's Hollow Tree and will be completed in 2015. Story, page 4. CONTRIBUTED

Condo-free zone in DTES proves divisive

Council. Residents have their say at meeting concerning improvement plan for neighbourhood

Condos aren't welcome in the heart of the Downtown Eastside.

That's what city council heard from low-income residents who demanded more social housing in the area around Oppenheimer Park at a meeting hashing out the $1-billion plan to improve the neighbourhood over the next 30 years.

But developers won't line up to build in a rental-only zone, so there's a slim chance of getting enough cash from community amenity contributions for the desired amount of social housing, council heard from industry.

And the city needs a lot of cash — by its own estimates, $820 million is needed for the 4,400 units of social housing, upgrades to single-room occupancy hotels and rent subsidies.

More than 110 people signed up to speak about the plan, which will guide the future of diverse neighbourhoods including Gastown, Strathcona, Chinatown and Hastings East. Half of the 18,000 residents make less than $13,600 per year.

Most of the tension surrounded the city's idea to create a 16-block rental-only zone that would require new developments to have 60 per cent non-market units (20 per cent at welfare rates, 20 per cent at one third of income and 20 per cent at "affordable" rates) and 40 per cent market rentals.

According to the city's financial analysis, such a mix will not be viable unless the city or senior levels of government buy the non-market units from the developer at an attractive price.

Anne McMullin, president of the Urban Development Institute, agreed. While the UDI supported the plan, she was concerned about the mix in the Oppenheimer district, especially without the promise of senior government funding. The city expects $525 million from the government and $245 million from developers.

This leaves doubt that any of the much-needed social housing will get built.

Others expressed concerns over building heights and loss of heritage. Residents called on the city to preserve the community spirit of the neighbourhood. Many commended staff for their hard work over the years on such a difficult issue.

The meeting will reconvene Saturday. EMILY JACKSON/METRO

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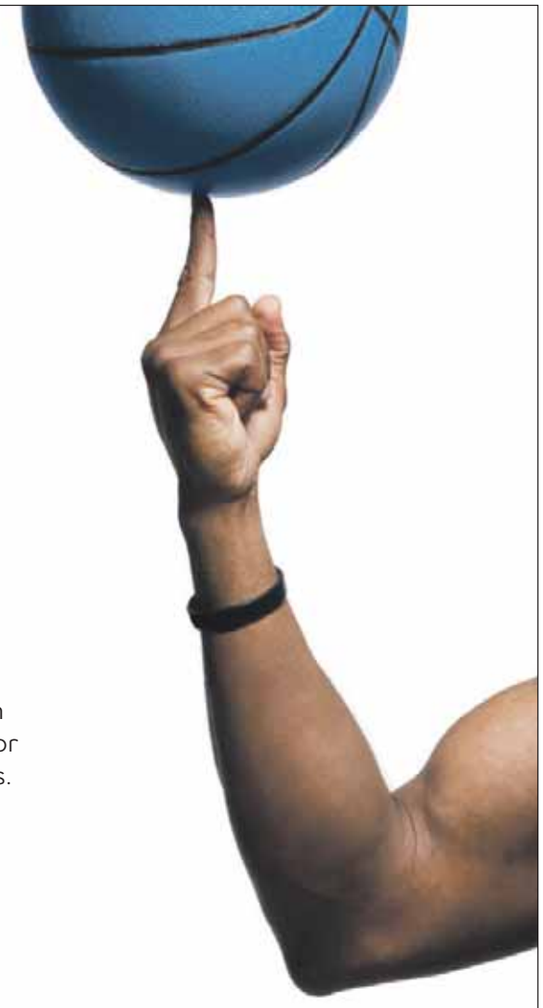

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RICHMOND
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- Richmond Centre
- Richmond Centre II

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Bad optics

Liberals yank new job away from former cabinet minister

Premier Christy Clark says she's taken action to ensure there are no political aftershocks connected to the appointment and subsequent withdrawal of an earthquake-preparedness post handed to a former Liberal cabinet minister.

Clark said Wednesday after meeting with Attorney General Suzanne Anton that the decision was made to drop John Les and his $140,000 contract as co-chairman of the earthquake-preparedness consultation team.

The Opposition New Democrats, who called Les' appointment political patronage of seismic proportions, immediately applauded Clark's decision to dump the former solicitor general.

The party also urged the premier to quash other appointments, including jobs handed to former NDP cabinet minister Gordon Wilson and former Kelowna Liberal MLA Ben Stewart.

Les' removal from the consultation team came less than 24 hours after Anton announced his appointment and proclaimed him the best suited for the post because of his experience as a cabinet minister and former mayor of Chilliwack.

Clark bluntly called Anton's decision to appoint Les a mistake.

"Part of leadership is being able to course-correct and being able to admit when mistakes are being made," she said at a news conference.

THE CANADIAN PRESS

Container ships sit off Stanley Park on Wednesday as the ongoing truckers' dispute with the port enters its third week. LUKE BROCKI/METRO

Harper, Clark pass the buck on strike

Who should act?

Prime minister worries dispute is jeopardizing vital trade with Asia

Prime Minister Stephen Harper and Premier Christy Clark each offered dire warnings Wednesday that the trucker strike affecting container terminals in the Vancouver region is a threat to the country's economy — but each leader insisted it's up to the other government to actually do something about it.

The prime minister and the premier offered contradictory messages two days after hundreds of unionized truckers parked their rigs to back demands related to pay. Those workers joined roughly a thousand non-unionized truckers who walked off the job last month.

Harper, fresh from a trip to South Korea, where he signed a free-trade agreement, said the labour dispute at the port was jeopardizing trade with Asia.

"We're obviously concerned about this particular labour dispute ... and it is not acceptable to have relatively small numbers of people blocking what is important trade for a range of British Columbian and Canadian business," Harper said during a friendly question-and-answer session in front of a business audience at a downtown Vancouver hotel.

Coming through

$170B

Port Metro Vancouver moves more than $170 billion worth of goods each year.

"Unfortunately, the labour disputes here are really under the jurisdiction of provincial government, not ours."

Last week, the federal government appointed a veteran labour mediator, Vince Ready, to review the dispute and examine the broader labour issues within the trucking industry. He is due to report back to the federal and provincial governments by the end of May.

Beyond that, Harper suggested his hands were tied.

But Clark made it clear the B.C. government sees things differently. She suggested it was up to Ottawa to bring the strike to an end and she urged the federal government to move quickly.

"(The strike) is absolutely unacceptable — it poses a huge economic problem, not just for our province, but for our country," Clark told reporters at the legislature in Victoria.

THE CANADIAN PRESS

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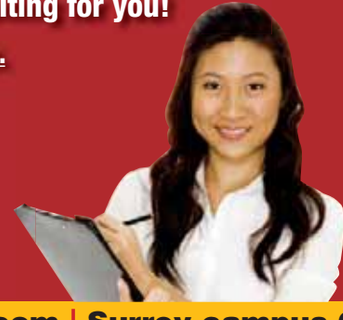

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UBC. Professor and innovation expert named school's new president

The search for UBC's new president has ended with one of its own professors taking the role in only a few months.

Computer-science professor Arvind Gupta was named as the 13th president of the university in an announcement made Wednesday morning, succeeding president Stephen Toope.

"How good is it that you can conduct an international search and the very best is one of our own," said board chairman John Montalbano.

A committee of 22 administrators, students, faculty and more began the international search for a new president last April.

Gupta said he was "absolutely thrilled" and "honoured" to be chosen as UBC's next president, as more than 100 people stood and applauded for him.

The expert on science and innovation policy begins a five-year term as president and vice chancellor on July 1.

He has no immediate plans for the university but hopes to hear the priorities of as many faculty, staff and students as he can before beginning his term.

"I don't want to come into this job with a preconceived agenda of what I'm going to do," he said.

KAYLA ISOMURA/METRO

'Real shot.' Vancouver could still put an end to homelessness: Mayor

Just one year away from the deadline of his ambitious goal to end street homelessness, Mayor Gregor Robertson still believes the city has a "real shot" at getting people off the street and into shelter.

"I really expect we can achieve that goal if we have full commitment from our partners at the B.C. government in particular," Robertson said after volunteering for the Metro Vancouver homeless count on Wednesday.

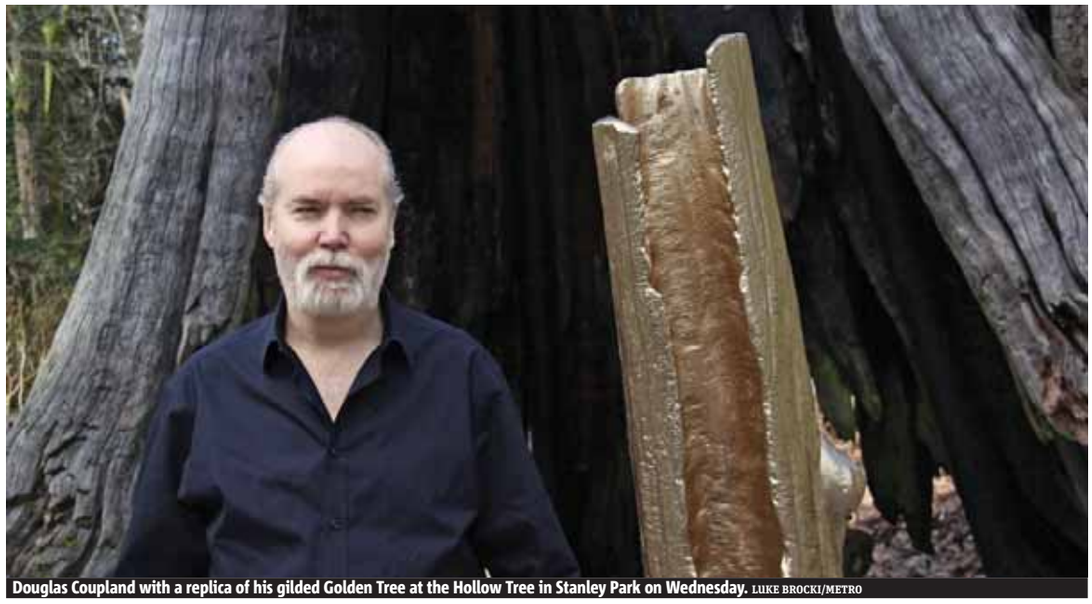
"We better see the numbers go down significantly based on all that investment in housing," he added, pointing to the few hundred permanent housing units added in partnership with B.C. Housing last year and the 500 additional units expected by this time next year.

But there's still a long way to go.

There were 273 people sleeping on Vancouver's streets according to the 2013 count, down from a high of 811 in 2008. The number of sheltered homeless people jumped to 1,327, due to an increase in shelter beds including the temporary HEAT shelters.

The total number of people without homes has hovered around 1,600 since 2008.

During this year's count, however, Robertson did not find a single person sleeping on the streets on his route in the West End west of Denman. EMILY JACKSON/METRO



Douglas Coupland with a replica of his gilded Golden Tree at the Hollow Tree in Stanley Park on Wednesday. LUKE BROCKI/METRO

Coupland to create Hollow Tree replica

The sculpture. The resin and fiberglass piece is expected to be unveiled in 2015

LUKE BROCKI
vancouver@metronews.ca

Stanley Park's Hollow Tree means different things to different people.

A longtime favourite spot for graduation parties and wedding photos, the ancient stump is also prized by natural historians as a relic from another time.

For artist Douglas Coupland, who's been commissioned to create a resin and fiberglass replica of the tree to sit in a plaza at the entrance of a development on the Fraser River in South Vancouver, the most vivid memory of the tree involves police investigators wanting to know if he'd mounted antlers to his old Volkswagen Type 3 and parked it inside the iconic landmark in 1995 before taking off for Ireland.

"It was a message from my mother saying: 'Hi dear. Well they found your car parked inside the Hollow Tree in Stanley Park,'" Coupland recalled the story for Metro in an interview metres away from the giant western red cedar. "And frankly I never know with you, so could you give him a call back?"

Coupland denies he had anything to do with the stunt. He blamed a pair of car thieves but never pressed charges. Some 10 years and a few winter storms later, Coupland and others advocated to save the tree when the Vancouver Park Board reluctantly decided to lay it down for safety reasons. The campaign was successful; the tree got a concrete foundation and roots of steel. But looking back, the triumph was temporary, as the Hollow Tree is slowly but surely falling apart.

When developers of a new riverside condo and retail complex off the Canada Line commissioned Coupland to spruce up the front plaza with a sculpture (he declined to share the price tag, but an Intracorp spokesman told Metro the art project cost $600,000), he thought a life-sized — albeit gilded — mirror image of the stump would be the perfect way to extend the life of the legendary Stanley Park creature, while celebrating the city's demographic shift to the southeast.

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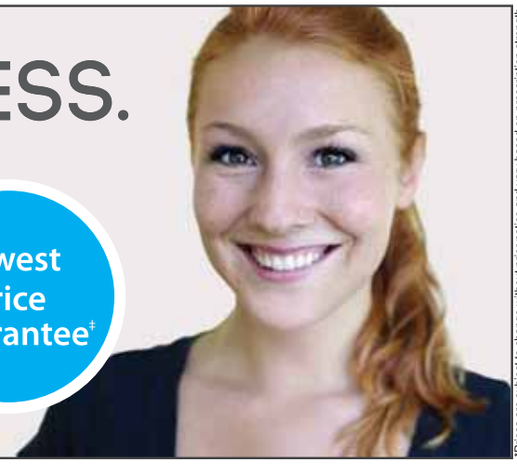
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The army takes down the Canadian flag for the last time in Afghanistan on Wednesday, bringing an end to 12 years of military involvement in a campaign that cost the lives of 158 soldiers. MURRAY BREWSTER/THE CANADIAN PRESS

12 years a mission: Kabul's Maple Leaf down for good

Bound for home.
Troops wrap up Afghan duty, Canada's longest-ever campaign

As the Canadian flag inched its way down the pole Wednesday at NATO headquarters in Kabul, Master Cpl. Jordan Taylor didn't necessarily see the red and white Maple Leaf.

The faces of friends who didn't come home were before his eyes.

"I see their faces all the time; always remember them. So, that's what I was reflecting on," said Taylor, who helped haul down the flag on Canada's longest-ever military mission.

The wounds this country has inflicted were on quiet, subtle display at the understated ceremony before the headquarters building.

The finality of what took place was only underscored as the last handful of training troops, kitted out in full combat gear, trudged through a soccer field adjacent to the headquarters to board American helicopters for a trip to a holding camp before boarding flights out of the country.

The last pair of Canadian boots to step off the grounds of the headquarters and onto the ramp belonged to Col. Ivy Miezitis, who, according to officers watching the departure, seemed to dawdle in hopes of snagging the historical footnote.

During the understated ceremony, dignitaries — Canadian and allied alike — praised the country's involvement and sacrifices.

The war cost the lives of 158 soldiers, one diplomat, one journalist and two civilian contractors.

"We can wish that the families of the fallen do not lament their fate, but we know that this is not the case. The only small comfort comes from the knowledge that the sacrifices of lost loved ones has been worthwhile, that they made a difference, and that their grief is shared by a grateful nation," said Canada's ambassador to Afghanistan, Deborah Lyons.

British Lt.-Gen. John Lorimer, the deputy commander of NATO in Afghanistan, said the Canadians "repeatedly proved their courage and capability" alongside coalition and Afghan troops, especially in Kandahar "where you not only fought hard, but you fought smart."

Calling it the end of a significant era, Lorimer said he viewed the departure of the Canadians with "mixed emotions" given the shared experiences of the last 12 years.

The country's top military commander, Gen. Tom Lawson, spoke about how the government will rally around its veterans now that they're home.

"We will gather around and continue to support those who suffer from wounds both seen and unseen," Lawson said in a reference to the suicide crisis that has gripped the military since last fall.

The Defence Department has acknowledged that as many as 10 soldiers — possibly more — have taken their own lives since November.

Officials have also faced repeated questions about promises to hire more military mental-health staff, to deal with an expected wave of post-traumatic stress cases, which have gone unfulfilled.

THE CANADIAN PRESS

Eyes on Ford's job

Olivia Chow steps down as MP

Olivia Chow resigned her seat in Parliament Wednesday preparing to launch her bid to replace Rob Ford as mayor of the country's largest city.

Chow is expected to formally kick off her campaign Thursday in the Toronto neighbourhood of St. James Town, where she grew up.

She is considered one of the front-runners in the race that includes one-time provincial Conservative leader and failed mayoral candidate John Tory, city Coun. Karen Stintz and infamous incumbent Rob Ford.

Jamey Heath, who will be communications director for Chow's campaign, said the former NDP MP will be the only "progressive" contender in the already crowded field.

THE CANADIAN PRESS

Quebec

We'll keep the loonie: Marois

An independent Quebec would want to keep using the Canadian dollar and hopes to have a seat at the Bank of Canada, Parti Québécois Leader Pauline Marois said Wednesday.

The Quebec economy is in good shape and it would be beneficial to Canada for Quebec to be involved with the dollar and the central bank, Marois said ahead of the April 7 provincial vote.

In reiterating the PQ's longtime position that Quebec could use the Canadian currency, Marois pointed out that European countries are sharing the euro.

Liberal Leader Philippe Couillard renewed his attack at Marois' push to lead Quebecers toward another sovereignty vote. THE CANADIAN PRESS

Explosion levels two buildings in New York

Hell up in Harlem.
At least three dead, many others injured after gas leak triggers massive blast

Three people have died after a gas leak caused an explosion Wednesday morning, collapsing two Manhattan buildings, officials said. More than 60 people were injured and at least nine individuals are still missing.

Hunter College identified one of the people killed in the blast as Griselde Camacho, a security officer who worked at the Silberman School of Social Work building. Hunter, in a statement on its website, said Camacho, 45, had worked for the college since 2008.

Another of the people who died was Carmen Tanco, 67, a dental hygienist. Her cousin News 12 cameraman Angel Vargas said when she didn't show up for work Wednesday the family started a frantic search.

The identity of the third victim wasn't immediately disclosed.

Mayor Bill de De Blasio arrived at the scene in the early afternoon and thanked the first responders, describing it as an incredibly fast response while cautioning that the situation was still developing.

"This is a tragedy of the worst kind because we had no indication so that we could save people," de Blasio said.

New York City fire Commissioner Sal Cassano told reporters that the building was in a "precarious position," and firefighters would concentrate on extinguishing the blaze before removing debris to make sure no other people were under the rubble.

New York firefighters respond to a five-alarm fire and building collapse in the Harlem neighbourhood of New York City on Wednesday. ANDREW BURTON/GETTY IMAGES

METRO WORLD NEWS IN NEW YORK, WITH FILES FROM THE CANADIAN PRESS

Hitting home

New Yorkers hear echoes of Sept. 11 in Harlem blast

Since a pair of apartment buildings exploded in East Harlem Wednesday morning, everyone Metro New York reporter Anna Sanders has talked to has said it's brought up a lot of their fears related to Sept. 11, 2001.

Sanders said the explosion wasn't related to terrorism, but before people knew that, there was chaos in the area. "People were running, crying," she said. "There was smoke everywhere and no one knew what was happening."

"As you can imagine, any time this happens in New York City, people think back to 9/11," she said. "At least two people's lives were lost and that's tragic in and of itself. This isn't the scale of 9/11, but it obviously hits home in the city because of Sept. 11." JESSICA SMITH CROSS/METRO IN TORONTO

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Inquiry

FTC puts Herbalife on notice in U.S.

Herbalife is facing an inquiry from the Federal Trade Commission in the U.S.

The nutrition and supplement company said Wednesday that it received the civil investigative demand from the FTC on Wednesday. A representative from the FTC was not immediately available to comment.

Herbalife says it welcomes the inquiry, noting a "tremendous amount of misinformation in the marketplace" about its business. The company says it believes it is in compliance with all laws and regulators and plans to co-operate fully.

THE ASSOCIATED PRESS

FOR MORE ON HERBALIFE'S CONTROVERSIAL BUSINESS MODEL, READ "HEALTH PRODUCTS COMPANY OR PYRAMID SCHEME?" ON METRONEWS.CA

Hot housing market is not overheated, says expert

Report. Economist goes against the grain claiming current house prices are fairly valued, or even undervalued

A new report into Canada's hot housing market is trying to calm fears of a coming collapse in prices, saying the biggest threat to home valuations may be government meddling with mortgage rules.

The paper by economist Will Dunning, who runs a real-estate market research firm in Toronto, says Canadians have been mostly prudent investors in housing and that the market can absorb either higher prices or a one per cent hike in interest rates.

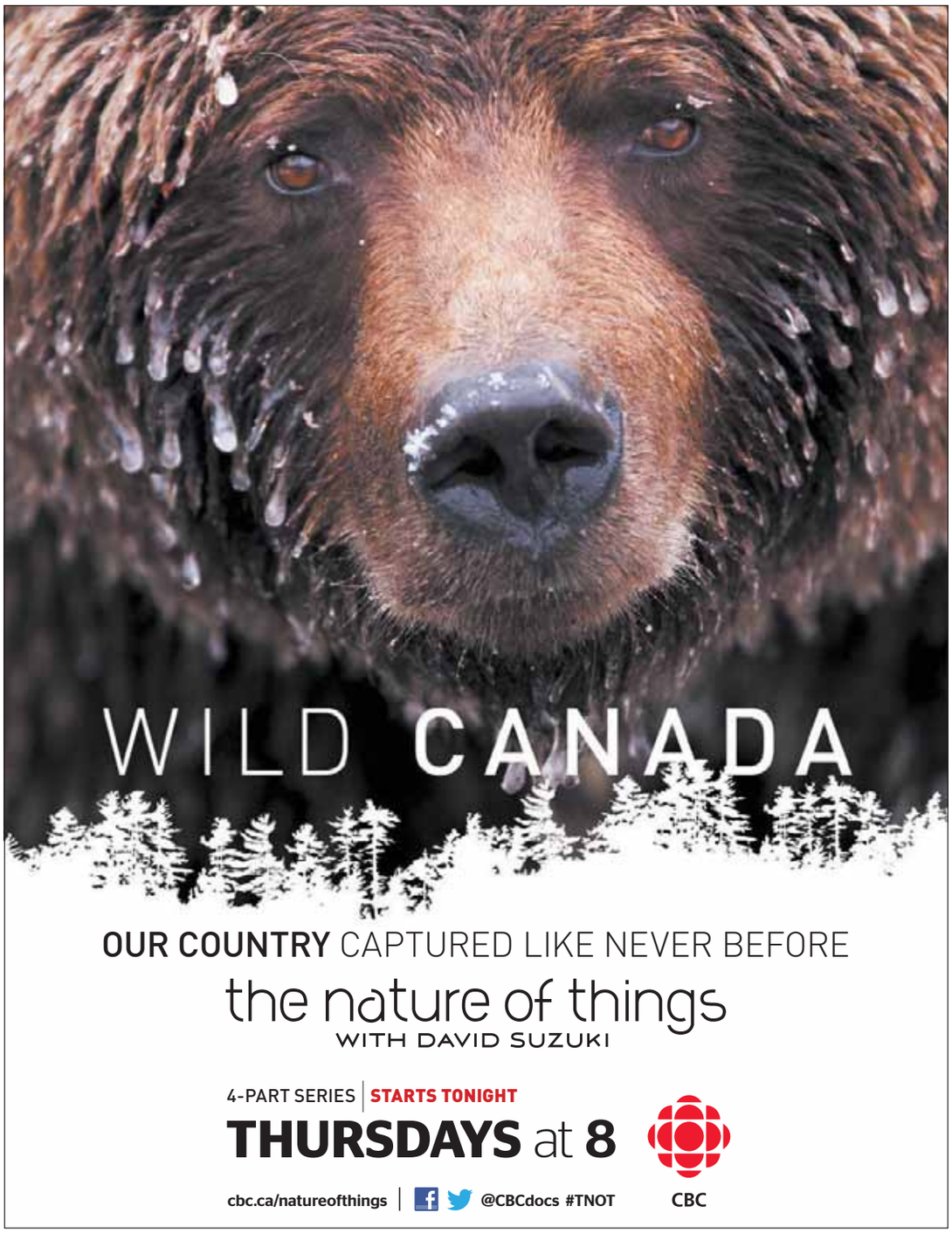
Rather than being overvalued, house prices in Canada are fairly valued and may even be undervalued, he says.

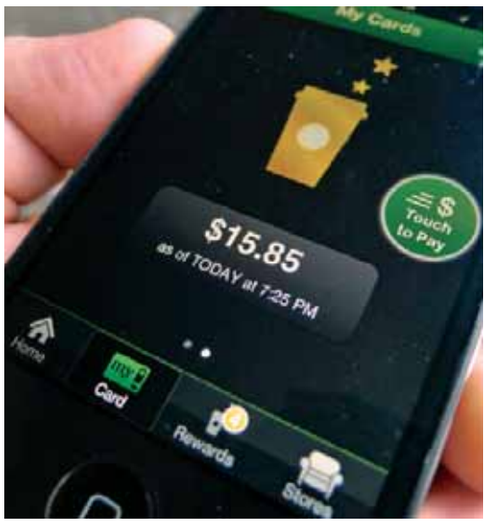
The paper was released the same day a new Teranet-National Bank composite price index rose to a new all-time high, showing home prices rose 0.3 per cent in February.

THE CANADIAN PRESS

Begs to differ

- The Bank of Canada and our government have warned about an overheated housing market for several years, arguing that once interest rates start rising, the roof will cave in for some home buyers.
- The Organization for Economic Co-operation and Development has also pointed to Canada as having the world's most overvalued housing market.





The tipping point on tips?

A Starbucks payment app is shown on a smartphone. The coffee chain will soon let customers leave tips with its mobile-payment app. The mobile tipping option will be available on its updated app for iPhones starting March 19. The rollout comes as the company's app has surged in popularity, with roughly one out of every 10 purchases now made with a mobile device. After paying with the app, Starbucks says customers will be able to leave a tip of 50 cents US, $1 US or $2 US any time within two hours of the transaction. The tipping option will only be available at the 7,000 of the roughly 11,000 Starbucks locations in the U.S. that are owned by the company.

GRAEME ROY/THE CANADIAN PRESS/THE ASSOCIATED PRESS

BACHELORHOOD, DEFINED

HE SAYS

John Mazerolle
metronews.ca

What does it mean to be a bachelor?

I've always considered myself a bachelor, from the tip of my cowlick to the bottom of my mismatched socks. Yet I've had a girlfriend for months now.

Must I turn in my bachelor's card? Am I something else now?

I refuse to believe that. To me, bachelorhood is so much more than whether I'm dating. What would that mean for my lack of cooking, my avoidance of cleaning my apartment, my inability to plan?

I'm not just the person I date; I'm all the things I don't do, too.

Being a bachelor is a state of mind. Some might argue that state of mind is "lazy jackass," but you can be a very nice bachelor, no matter what TV's The Bachelor might teach us.

It's about being comfortable with who we are. It's about accepting that we will always screw up the laundry, the date, the meal. Because if we didn't accept it with a grin, we'd go mad.

While ruminating on this definition of bachelor, it occurred to me that there are many bachelorhood terms and slang that help define the world we live in. I then created a list of definitions so that you might understand me and my people.

Earning Your Bachelor's Degree: A Bachelorhood Glossary

Bache-lor: Superhero known for his Blu-ray vision, imperviousness to mould, and ability to read entire Calvin and Hobbes collections during a single toilet sitting.

Bachelor-hood: A community within a city that has curbside garbage comprised of at least 90 per cent pizza boxes.

Bachelor party:

1) Four or more bachelors on one couch playing Xbox.

2) A party for an engaged man whose friends attempt to show him the worst, most abusive time possible, often in preparation for what his marriage will be like.

Bachelor shower:

1) Applying deodorant or cologne in lieu of a shower.

2) Taking an actual shower for approximately 40 minutes until the water runs cold and the bathroom is steamier than a Shannon Tweed VHS intro.

Bathroom: Room for building online-dating photo portfolio.

Bed-making: Something done once, usually with an Allen key.

Bedroom: Walk-in hamper.

Carpet: Bache-lor's greatest enemy, absorber of stains and hurler of vicious static electricity.

Confirmed bachelor: Guy you can clearly see is wearing two different socks.

Diet: Only using half the icing on a Toaster Strudel.

Home cooking: Take-out from any restaurant within 500 metres of where you live.

Kitchen: Hallway to garbage can.

Muffin top: The laundry at the top of the hamper that pours out of the top and gets washed repeatedly, as opposed to the Muffin stem of clothes that sits at the bottom of the hamper for all eternity.

Snow (also 'base' or 'wacky dust'): Street slang for Carnation Instant Breakfast Powder Drink Mix.

Spring cleaning: Taking the Slinky into the shower.

And that's my small window into the world of the bachelor, whether he's single or not. Speaking of which: If you see my girlfriend, tell her I've been thinking about her while I work on my definition.

ZOOM

Getting to the heart of it

ANDERS PERSSON/WELLCOME IMAGES

Anatomical image scan wins top award

A striking image of a mechanical heart pump inside the patient's chest has been named as the overall winner of the Wellcome Image Awards 2014, a leading competition for medical photography. The picture was captured by Anders Persson, a pioneer in using colour 3D images from scans in clinical practice. METRO

Judge's corner

"The juxtaposition of delicate human anatomy with the robust mechanical plumbing parts is dramatic, and the image is rendered so vividly in 3D that it appears to jump out at the viewer."

BBC medical correspondent Fergus Walsh

DIY it

- The Swedish scientist used a new scan type known as dual energy computed tomography (DECT) angiography: A patient is scanned with two sources of X-rays at different energies.

Clickbait

IRENE KUAN
Metro Online

The Internet turned 25 this week, and we can thank its inventions for the existence of certain words we use daily. Here is a list of the best words the Internet has given humankind.

SCREENGRAB

Avatar
In computing terms, an avatar is a graphical representation of a user's alter ego, usually used in virtual world games or Internet forums.

Trolling
This is Internet slang to describe a person who tries to upset people online, by posting inflammatory or off-topic messages on forums or websites to deliberately provoke other web readers' emotions.

Meme
In Internet talk, a meme is something that has been built upon or manipulated that spreads from person to person online. Some memes have gone viral on sites like Reddit, 4Chan and Facebook.

Hashtag
A hashtag is a word or phrase prefixed with a hash symbol (#). It is often used for social media or microblogging sites like Twitter and Instagram.

Twitter

@metropicks asked: The web turned 25 March 12. It allows us to binge watch, over share and shop easily. But how has it made our lives more difficult?

@AjokeDare: I always feel like somebody's watching me

@Zaedum: it makes us realise much our everyday lives suck compared to most. #justsaying #imsoboring

@deefontein: Yes, the paradox of choice at it's finest. IE. Spending hours scrolling Netflix choices & watching 0.

@speirsr: Pre-Web,I'd mend a wound.Now,I consult Intrnet for med advice,but become overwhelmd,so let it fester&wait for somethng 2fall off

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SCENE

Drumming up interest in Korean culture

SamulNori. Four-piece percussion outfit are playing, back flipping and dancing their way through the province

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

SamulNori performs Saturday night at UBC's Chan Centre. On Friday, the troupe is holding a free Korean drumming demonstration. CONTRIBUTED

SamulNori sounds like a secret Samurai sect that meets once a year to discuss its centuries-old control of world affairs.

Membership is drawn in blood with a sword. Impenetrable chants echo past secret handshakes up a maze of dank, booby trapped hallways accessed from a high-altitude entrance hidden on an impossibly steep mountainside reachable only via astral projection.

But it's actually just a group of Korean percussionists. In fact, the Korean words samul and nori mean "four things" and "to play." And each of the four percussion instruments featured are associated with an element in nature: k'kwaenggwari (small gong, representing lightning), ching (large gong, representing wind), changgo (hourglass-shaped drum, representing rain) and buk (barrel drum, representing clouds).

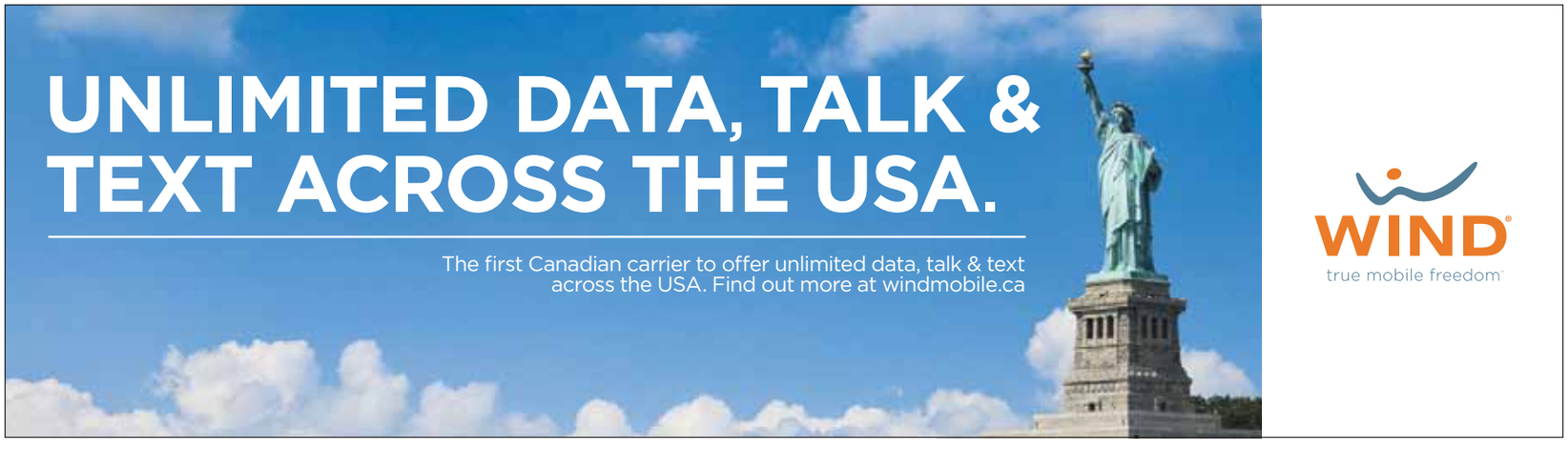
The traditional music is rooted in nongak — or farmers' band music, which accompanies acrobatics, folk dance and rituals performed in rice farming villages to encourage favourable harvests — and binari, ceremonial music with folk and religious influences.

"After visiting Seoul two years ago, I knew this compelling showcase of Korean culture would be a perfect fit for the Chan Centre," says Joyce Hinton, its co-managing director. "It is especially appropriate in light of the fact that UBC ethnomusicology professor Dr. Nathan Hesselink has recently published a book on SamulNori. The musicians are committed to providing educational opportunities about Korean music in every community they visit, which dovetails perfectly with our role as an arts presenter in an academic setting."

Check out the free Korean drumming demonstration and beginners' workshop (led by SamulNori) tomorrow at the Telus Studio Theatre (Chan Centre, 1:30 p.m.). There's also a pre-show talk with Dr. Nathan Hesselink Saturday at the Royal Bank Cinema (Chan Centre, 7:15 p.m.). SamulNori with Kim Duk Soo perform at 8 p.m. at the Chan Shun Concert Hall. Visit chancentre.com.

Let's dance!

• **In case you didn't know.** Did you know the Vancouver International Dance Festival is going on right now? The festival features a fabulous array of dancers, including China's Guangdong Modern Dance Company, Spain's flamenco innovator Israel Galvan, and many more. Until March 29 at various Vancouver venues. Tickets range from free to $60. Visit VIDF.ca for more information.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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie PHOTOS: GETTY IMAGES

Six kids later, Angelina Jolie is finally taking up cooking

With six kids at home, it might come as a surprise to learn that Angelina Jolie is only now learning how to cook, but there you go. "Angelina took her first cooking class last year. Her lack of cooking abilities was really getting to her, but she's finding cooking has become a great therapeutic exercise," a source tells Radar Online. "Angelina gets a kick out of feeding her kids herself and loves the creative side of it, although she admits she's not quite at that stage where she's confident enough to go 'off recipe' and experiment. But she's working on getting there." So where does a globe-trotting Oscar winner go for cooking lessons? Why, to Munawar Hosain, a member of the Hollywood Foreign Press Association, who has reportedly been giving Jolie regular lessons in preparing Indian dishes at his Beverly Hills home. "Angelina absolutely loves the hands-on instruction," the source says.

Chris Pine to face drunk driving charges in NZ

Chris Pine, known for playing Captain Kirk in the Star Trek movies, has been charged with drunken driving in New Zealand. The 33-year-old American is due to make his first court appearance in the case on Monday, court officials said Wednesday. New Zealand Police said in a statement that a 33-year-old American was charged March 1 with driving with a blood-alcohol level over the legal limit, which in New Zealand is .08 per cent. Police did not name the man, but said he was stopped during a routine early-morning check near the South Island town of Methven. Pine has been in New Zealand filming the movie Z for Zachariah, which is due for release next year.

THE ASSOCIATED PRESS

The Word

A glimpse into Lohan's little black book

MELINDA TAUB
Metro World News in New York

Max George. Heath Ledger. Jamie Dornan. Zac Efron. Justin Timberlake.

All these and more are notches in Lindsay Lohan's bedpost, according to In Touch. Reportedly, Lindsay was hanging out with some friends at the Beverly Hills Hotel on Jan. 30 when she grabbed a pen and started jotting down names — most of whom were very famous and very handsome. "It was her personal conquest list," says a witness. "She was trying to impress her friends with the list and then tossed it aside."

Apparently, in between stints in jail and rehab, Lindsay found plenty of time for amour. The list, which contains at least 36 names, also includes such celebs as J. Phoenix (Joaquin, is that you?), Lukas Haas, Evan Peters, Wilmer Valderrama, Colin Farrell, James Franco, Adam Levine and Garret Hedlund.

I have my doubts about this. Lindsay has mostly been a mess these last few years; it doesn't seem likely that she could have kept these high-status hookups this quiet for this long. (You don't think she would have drunkenly screamed "I hit that" whenever a Justin Timberlake song came on in the club? Because I would have.)

I hope it's true, though, because first of all you go, girl; second of all, almost half the list is blurred out, which suggests there are even bigger, more scandalous hookups on there that we have yet to learn about.

Naomi Campbell

Done with the diva life? Naomi Campbell wants to be a mom

Naomi Campbell is ready to be a mom, and she doesn't mind going it alone. "I do want to have children, whether I have a man or not. I will have it on my own," the supermodel told designer Diane von Furstenberg during a SiriusXM Radio chat recently. Campbell, who broke up with billionaire Vladimir Doronin nearly a year ago, also revealed she was infertile until very recently. "I was not able to have children up until March," she said. "Now it's in God's hands. I would love to have a family."

Twitter

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Good people are hard to come on.

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Watching wedding dances on YouTube for three hours is healthy right?

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LIFE 3

She's got unblurred ambition

You know she wants this. Model and actress Emily Ratajkowski chats about balancing her silver screen acting ambitions with putting money in the bank

RICHARD PECKETT
Metro World News

You'll know Emily Ratajkowski as the bodacious beauty from Robin Thicke's Blurred Lines video. She's all nubile flirtation — no top, nude panties, white sneakers and rouged lips temptingly parted — meets wide-eyed pseudo-innocence, playfully skipping and bouncing to the beat.

We watched, gyrated and leered. It was the music world's Fifty Shades of Grey, dividing opinion over its social acceptability: ban it versus give me more. The polarization of opinion is irrelevant; although we all had something to say on the subject, it brought one girl originally cast as a back-up dancer to the fore.

That said, the line between Ratajkowski's current image as sexpot eye candy is at odds with her "Martin Scorsese" acting ambitions. She intends to blur the boundaries between two incongruous worlds through what she refers to as "balance" between the commercial (read: cash-paying) roles and creative career-progressing endeavors.

She has a clear mission statement, but it's one that could be difficult to implement when you consider that she's a YouTube beauty to the tune of more than 276 million views, and now surely commands considerable buck to boogie. It will depend on the success of her upcoming role in director David Fincher's Gone Girl as to whether Ratajkowski can escape that lucrative but vapid music video dance sphere.

Initially, the 22-year-old was reluctant to be cast in the video.

Don't be fooled by her fawn-like appearance. Behind the big brown eyes and ditzy dancing is a girl who, in her words, "is looking to surprise people."
ADAM KATZ SINDING/GETTY IMAGES

Hey, hey, hey!

"For every sexy thing, I want to do a fashion thing. For every modeling job, I want to do a serious acting role."

"Naked girls dancing around in a music video sounded pretty intense and I didn't want to be pigeonholed as a music video girl after shooting with Maroon 5 in Love Somebody," she says.

It was the video's director who convinced the young model to accept the job, while Thicke, a married man in his mid-30s, took the brunt of the negative barrage for the video's sexist undertones.

Ratajkowski, the current face of fashion retail site Revolve, is keen to avoid being typecast as a gushing airhead despite appearing in the 2014 Sports Illustrated Swimsuit Issue.

"I'm definitely not into that swimsuit model vibe. I like the ballet and I like to see female porn films — I'm a little different in that way, I guess," she asserts.

The British-born model is aware that her topless cavorting could strike discord with Hollywood directors. But as she rightly points out on being cast as Ben Affleck's mistress Andie in Gone Girl, due out this October: "When you're working with director David Fincher [The Social Network, 2010, and The Girl With The Dragon Tattoo, 2011] people definitely do take you seriously." She adds: "I'm doing Sports Illustrated but I'm also appearing in the Spanish fashion magazine S Moda. For every sexy thing, I want to do a fashion thing. For every modeling job, I want to do a serious acting role."

Of course, the pigeonholing might well be something that she has to contend with for the meantime. However, it makes sense for her to make the break from being desktop dance star to silver screen sensation in order to certify her as a serious acting talent. "I want to establish myself [in the industry] and there are a few things that'll be announced in the next few months that will balance everything out," she says.

The modeling profession wasn't always receptive to Ratajkowski's plans to break into acting — a dream she's had since childhood.

"I told an agency in New York my goals and they said it was only a select group of girls that have that opportunity," she explains.

The timing of the Fincher film might be fortuitous but it seems doubtful that this is the case of a pretty wallflower seizing her 15 minutes of fame.

For her part, Ratajkowski makes it sound like she's always had a career game plan and it doesn't involve selling out for questionable success. "Throughout my childhood I acted, so it was always something I felt passionate about — I just really didn't want to play the mean girl in high school or the cheerleader," she says.

The tough and the topless

The model and her family have the final word on the controversial Ratajkowski (pronounced 'rat-a-COW-ski' — the 'j' is silent) phenomenon.

- When asked what her mother, a feminist and English professor, thought of the Blurred Lines video, she replies, "She thinks it's beautiful and important for women to embrace their sexuality."
- Ratajkowski describes the word feminist as "testy", saying, "People connect a lot of strange things to that word. In general, I really love women and I want them to be treated equally." She continues: "I think some people have a problem with a model, who's done nude work, using the word feminist but I have no problems with saying it."

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Sarah's on Target

From contest winner to feature collaborator. Designer Sarah Stevenson pays homage to Canada in new line for retailer

Designer Sarah Stevenson is seen at the media preview event for the Sarah Stevenson for Target collection in Toronto.
GEORGE PIMENTEL / THE CANADIAN PRESS

Sarah Stevenson combed through the Target archives to see the works of top fashion talents who had made their mark on the bull's-eye brand — and she still can't quite believe she has joined their ranks.

"I'm still pinching myself because it really is a dream come true," said the Toronto designer.

"It was so amazing, so cool to go through the pieces," she added. "I've admired those brands for a long time, so to be amongst them and in their company is a huge honour. I'm thrilled."

Target is well known for collaborating with some of fashion's leading names. Vancouver-raised Jason Wu (who designed Michelle Obama's inaugural gowns), Italian fashion house Missoni, American designer Zac Posen and London-based label Peter Pilotto have all partnered with the company. With many consumers unable to afford their higher-priced designer offerings, the affordable, limited-edition lines tend to generate big buzz and often lead to sellouts.

Stevenson is poised to make her own imprint with the debut of her collaborative line with Target. While Montreal-based designer Melissa Nepton also teamed with the retailer on a line carried in its Quebec stores, Stevenson's collection will be carried in most stores across the country beginning March 23. The 15-piece collection has items ranging from $24.99 to $59.99.

An ombre watercolour blazer ($49.99) from the Sarah Stevenson for Target collection

Stevenson earned the chance to design for the retailer as winner of the Toronto Fashion Incubator New Labels contest last year, an annual competition for emerging design talent where she also took home a $25,000 cash prize.

Her winning runway collection featured richly hued florals and painted textiles transferred onto silk. Consumers will see some signature elements of her brand esthetic in the spring line for Target.

THE CANADIAN PRESS

Canadian street style

Spotted in: Toronto

Name: Esther Jiron

Age: 28

Occupation: HR Generalist

What she's wearing:
French Connection jacket, faux fur collar from Aritzia, Marc Jacobs purse, Zara jeans and Nike high tops.

Her inspiration:
"I'm all over the place. I love mixing different styles at once, like masculine and feminine or urban and preppy. At the end of the day, it comes down to comfort and fit."

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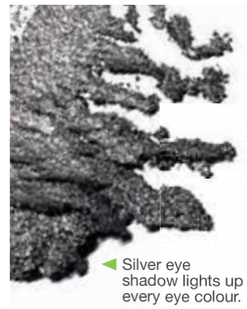
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Bioré
free your pores!

How to shop for plants

Don't let just anyone lead you down the garden-centre path

When visiting a garden centre, work from a list and make sure you're buying only healthy plants.
DEAN FOSDICK/THE ASSOCIATED PRESS

Garden centres, with their vast collections of plant colours, sizes and shapes, can be intimidating to inexperienced buyers. But you can become a discerning purchaser with a little homework and by quizzing the sales people as you shop.

"Usually, when shopping, I go early before the crowds and also before the staff are worn out," said Jack McKinnon, a garden coach from the San Francisco Bay area. "I like asking questions ... If it is early (in the season), you may learn a lot that puts you ahead of the masses in designs and trends."

The most important factor in plant shopping, however, is the health of the plant, McKinnon said.

How can you tell if a plant is diseased, pest-ridden or beyond its prime?

"Look for any unusual brown, black or grey spotting on the foliage," said Rizanino (Riz) Reyes, a landscape designer and owner of RHR Horticulture in Shoreline, Wash., a Seattle suburb.

"Any dead sections that are beyond just grooming to make it look good should be avoided," he said.

It's a good idea to check plant roots at the nursery. It's risky to buy plants that are root-bound, too wet or too dry, although that may mean removing them from the pot to examine them.

"If you politely ask a garden centre staff member, any reputable retail centre should stand by their product and allow you to do it, or they may do it for you," Reyes said.

THE ASSOCIATED PRESS

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Coming up rosemary

It's the sill-y season

Grow the scent of summer on your window ledge

Picture a little rosemary tree at your kitchen window, standing there upright and green as if in defiance to the wintry scene beyond the panes.

This little tree offers more than decoration and winter cheer. Pass your hand lightly over the leaves, close your eyes, and the scent will carry you to a sunbaked Mediterranean hillside, the plant's native habitat. Snip off a few leaves for cooking, and your tongue will similarly transport you to milder climes.

Grown as a little tree rather than as a sprawling shrub (its natural inclination), a rosemary plant takes up little sill space and is easy to prune. Here's how to make that tree.

LEE REICH/THE ASSOCIATED PRESS

Look who's stalking

To start a trunk, stake one stem and cut back rest

Begin with a small rosemary plant, grown from seed or cuttings, or bought. Choose a naturally upright variety such as Majorca Pink or Salem.

Single out one stem to become the future trunk of your plant, completely removing all stems except for this trunk-to-be at the base of the plant. The most vigorous, upright stem is the obvious candidate. Poke a dowel or thin piece of bamboo into the soil near the base of the plant and tie a piece of soft yarn tightly around the stake, then loosely around the stem.

Your goal in the weeks ahead is to promote elongation and thickening of the trunk-to-be. To that end, keep cutting away any new stems sprouting from the base of the plant. Pinch back to just a few leaves any stems sprouting along the trunk-to-be. Doing so keeps them subordinate but lets them help thicken the trunk.

Give 'em a pinch

Now top that stalk with a bushy head of fragrant leaves

Once the trunk reaches full height, your goals change: You now want to stop growth and create a bushy head. But how high is "full height"? It's all for show, and what looks good depends on how big a head you are going to give the plant and how big a pot the plant will eventually call home. Generally, a head 2 to 3 times the height and just slightly more than the width of the pot looks good. Stop growth at the desired height by pinching off the growing tip of the trunk, a simple operation that awakens growth of buds down along the trunk.

Create the bushy head by repeatedly pinching — and thus inducing more branching — the tips of all shoots that sprout from the top few inches of trunk. Now define that head more clearly by completely removing all stems and leaves further down the trunk.

All these prunings need not be wasted, of course. They could be used as flavouring or as cuttings to make yet more plants.

Extend the flavour

Nips to tuck into

Maintain your little tree by repeatedly nipping back the ends of stems, which keeps your plant compact, neat and elegant, and provides plenty of rosemary leaves for flavouring.

A final tip: The soil must be kept moist. Rosemary's narrow leaves never droop, so your only indication that the plant needs water might otherwise be a dead plant!

THE ASSOCIATED PRESS

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Florals bloom large once again

New hothouse.
Fashion's haute botanicals and flowers spill off the runway and into decor

After years of simple solids and geometric prints, the lowly flower is making a comeback in decor. Floral patterns have been blooming all over fashion runways in recent months, and they are slowly finding their way back into the world of home decorating, too.

It wasn't long ago that any mention of floral upholstery or wallpaper brought back memories of 1980s cabbage roses, flowery Shabby Chic borders stenciled high on bedroom walls, and suburban homes designed to feel like precious cottages swathed in pink and green.

But today's new patterns aren't your grandmother's florals. And they can be a refreshing antidote to the minimalist patterns that have dominated home decorating in recent years.

"It's what we're all craving," says New York-based designer Jon Call, founder of Mr. Call Designs. "It's romance, it's a softness ... and it feels fresh again, because no one has defined it for our generation."

While brands like Laura Ashley delineated the floral look of a generation ago, the new florals have no rules. Which makes them more fun — and more challenging — to use successfully.

Here, Call and two other interior designers — Betsy Burnham of Los Angeles' Burnham Design, and Brian Patrick Flynn, executive producer of HGTV.com's Spring House series — offer advice on working with this fresh crop of floral patterns.

What size?

"Scale is the most important factor in modernizing the look and feel of florals," says Flynn. He suggests avoiding flowers that are depicted at their actual size. Instead, pick patterns where the flowers are bigger — between 50 per cent and 200 per cent larger than life-size.

Call agrees: He's a fan of using vintage prints in "the largest scale you can find," so that the print's eye-popping size contrasts with its traditional style.

But Call and Burnham also think floral prints can look modern if they're printed on a very small scale, especially if they're used on smaller items like throw pillows.

Where to use it?

Floral patterns can work especially well on sleek, modern pieces of furniture, Burnham says. Rather than choosing a floral sofa that's rounded and tufted, use floral upholstery on a simple sofa with straight, clean lines.

And rather than hanging floral draperies in a bedroom or choosing a floral bedspread, use solid colored fabrics in those locations and then upholster the headboard in a bold, oversize floral.

What colours?

A great pattern can look dated if you pick the wrong colour palette, says Flynn. "Florals with mustard yellow and burgundy palettes instantly feel old and stuffy. To make them fresh and fun, look for those with unexpected colour palettes, such as black and violet or springy greens and punchy pinks. The pattern will keep its classic appeal, but with a youthful update."

Burnham says floral patterns done in just two colours (or in two shades of the same colour) can look more modern than florals that include several colours. And "if you go for something on a crisp white background," she says, it "might read more current than something on a tea-dye that's more muted."

Call's thinks just about any colour can work, though he prefers to steer clear of pinks and purples. "You have to "be careful with the sentimentality," he says, or you'll lose some of the modern edge.

THE ASSOCIATED PRESS

Brian Patrick Flynn updated this industrial loft kitchen using floral wallpaper from Graham & Brown. Flynn says the trick to using florals in fresh new ways is to choose over-scale botanical fabrics rather than traditional florals with small pattern repeats. SARAH DORIO/BRIAN PATRICK FLYNN/THE ASSOCIATED PRESS

Which pattern?

- Find a floral print that really appeals to you personally, Burnham suggests. "Nothing corny, nothing ordinary," she says. You want "something really special." You might try "chinoiseries that include figures and florals," Burnham says, "or flora and fauna... That's a way to do it if you're kind of scared of just flowers."
- Another option is choosing a pattern that's more "botanical" than flower-filled. "Homeowners with aversions to super-girly florals featuring rosebuds or elaborate petals may find botanicals a better fit," says Flynn. "While floral prints include shapes and silhouettes of actual flowers, botanicals rely more on stems and leaves."
- Call points out that designers like Vivienne Westwood have created digitized, pixilated floral prints that mix traditional and modern style. But, he says, even the most classic chintz fabrics can look great in a modern home if they're handmade and high quality.
- Flynn encourages clients to mix floral patterns with other prints. "The floral cottage style of a decade ago was all florals and ribbons," Flynn says. "Anytime I'm dealing with a home occupied by couples arguing over masculine and feminine styles, I'm likely to mix botanicals or florals with classic masculine prints such as gingham, check or plaid."

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Kids' art: Where to keep the keepers

Pottery Barn Kids' Butterfly Art Cable is one temporary way to display children's art. POTTERY BARN KIDS/THE ASSOCIATED PRESS

Exhibit ABC. Create a rotating gallery of little ones' masterpieces with these expert tips

It's a conundrum many parents face: What to do with the steady flow of drawings, paintings, collages and more that children bring home from school and camp? Which are the keepers and — besides sticking them up on the refrigerator with magnets — how can you display them creatively?

"They caught me throwing some away, and they were not happy about it," Mandy Rose of Carterville, Ill., said of her three children.

Rose, who loves to decorate her house and writes about it at houseofroseblog.com, decided to combine some of her kids' work with professional pieces and family photos in a montage on her dining room wall. She even commissioned one of the kids to create a finger painting for an eye-catching frame she had bought.

"People always ask, 'Did your kids make that?'" she said. "It's a real conversation starter."

Children's art absolutely has a place in home decor and can add a welcome personal touch, said Esther Sadowsky, owner of Charm & Whimsy, an interior design firm in Jersey City, N.J.

Arrange art in groupings

Like Rose, she suggests displaying kids' works in art groupings. She often lays out the pieces on the floor so she and her client can visualize how they fit together. "You can make a beautiful arrangement," said Sadowsky.

Rose laid out the items for her "gallery wall" on the floor as well. She snapped photos of various arrangements so she could compare them, and went through her house to find frames in the same colour palette to create cohesion in the grouping.

Sadowsky has sent parents to big box stores or craft stores to buy inexpensive frames. It's possible to find frames with precut mats for a more professional look. Do-it-yourselfers also can use construction paper or foam core to create mats for artwork, she said.

Hang art from a wire

In her children's playroom, Rose strung wire between two hooks and allows the kids to pick and choose what they want to hang up. The setup allows them to highlight favourite projects until they make something they like better.

Finding a temporary place like that to display work makes sense, agreed Jeffry Cudlin, a professor of curatorial studies and practice at Maryland Institute College of Art in Baltimore. He routinely highlights the work of his four-year-old son, Miles, at home to show him that the family values handmade art.

Clip art in an frame

Cudlin uses binder clips to hang Miles' art in an ornate frame that usually hangs in his dining room; the clips mean he can rotate different pieces through the frame for an ever-changing display.

Deciding which pieces to keep long-term can be a challenge, Cudlin said. He looks for work that includes loved ones or commemorates a special event. He routinely frames Miles' work and gives it to family members who are represented in the drawing.

He also finds that he appreciates many of his son's drawings more after he asks questions about them. The art provides insights into how the preschooler views the world, and helps preserve his thoughts, Cudlin said.

"His way of thinking about things — the way he experiences the world — you're not going to get that back," he said.

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5 mistakes that can ruin your reno

Get your house in order. Avoid these renovation pitfalls to save time, money and your sanity

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

1. Not knowing your resale timeline

Is the space you are renovating a limited investment or will you be living in this home for the rest of your life? That influences the amount of time, customization and money you should spend.

A first-time purchaser of a studio-sized condo will most likely only live in it for two to five years before they sell up, so spending a lot of money on things they can't take with them is not a smart idea. A family with school-age children will most likely settle in a home for five to 10 years before thinking of reselling.

For places you will own short-term, spending less than 10 per cent of your home's value on renovations will ensure a good return on the investment. I suggest spending your money on quality items you can take with you to your next place. If you plan on staying in one spot for a long time, invest in renovations that help you enjoy the space: Bathrooms, kitchens, family rooms or backyard landscaping are great areas to consider renovating.

2. Hiring a contractor who hasn't worked locally

Hiring a professional contractor who has worked in your local neighbourhood has many advantages:

- It will be easy for your to check references.
- The contractor is familiar with your municipal laws for noise, parking, obtaining permits, etc.
- They know where to grab lunch, shortcuts for driving and local hardware shops for those last-minute items when completing a job.

Always get a least two quotes for the work needed to be done and call at least two references. Always visit at least one reference place (and not the contractor's own home).

3. Not being forthcoming about budgets

When it comes to money, homeowners (and contractors and trades) lose their ability to talk openly about how much is available and how much is needed. Homeowners think if they disclose their budget, the contractor will use it all and then want more. Contractors think if they commit to a price too early that they will not make any money.

Agree upfront on the budget and work in a bonus for the contractor if they come in on time or spend under the estimated amount.

Always have 20 per cent extra saved for additional upgrades and unforeseen costs and ask for a fixed-cost budget from your contractor. This will ensure that the agreed-upon job is completed before the contractor is fully paid.

4. Forgetting about closets and lighting

Two areas often forgotten about in a renovation are a proper lighting plan and well outfitted closets. A contractor often waits for the homeowner to plan this and homeowners assume its the job of the contractor.

ISTOCK

As soon as the closets are drawn on the floor plan, you should start considering how they will be used and what you will need inside of each closet (shelving, rods, lights, drawers, etc.).

Knowing the style, size and weight of each lighting source will allow your contractor to plan your lighting scheme with an electrician. Having the 150 pound chandelier on-hand is the best way to plan on how to wire and hang it.

5. Taking advice from too many people

Quite often homeowners are excited about their upcoming project and tell everyone, resulting in opinions from too many people. This will only drive your support team crazy!

You should find one friend who has been through a similar reno and stick with them as a sounding board. Between yourself, your friend, designer and contractor you will have enough expertise to get the job done. Remember: There can be too many chefs in a kitchen. Thank your uncle, doctor, workmate or distant cousin for their input, but take it all with a grain of salt.

Discover Irish flavours as you sip green beer

Lamb Chops with Parsley and Mint Sauce. St. Paddy's Day is coming up, so get in the kitchen and try this classic dish

"A parsley and mint sauce is an easy way of adding flavour to lamp chops," writes Rachel Allen in Rachel's Irish Family Food.

"The anchovies give the sauce a wonderful depth that works particularly well with lamb and doesn't taste at all fishy. The mint and parsley bring freshness while the capers give the sauce their own particularly punchy flavour.

"You can make the sauce ahead and it will keep in a jar for up to two weeks in the fridge. Do take it out of the fridge about half an hour or so before serving, to give the flavours a chance to wake up.

"The sauce would also be an excellent accompaniment to grilled steak, roast chicken, or pan-fried mackerel."

Ingredients

- 8-12 lamb loin chops
- 4 tbsp extra virgin olive oil
- Salt and freshly ground black pepper

Parsley and Mint Sauce

- Handful of mint leaves
- 2 handfuls of parsley leaves
- 2 tbsp capers, drained and rinsed
- 8 tinned anchovies
- 6 tbsp extra virgin olive oil
- 2-4 tbsp freshly squeezed lemon juice
- Salt and freshly ground black pepper

1. To make the sauce, combine the herbs, capers, anchovies, olive oil and 2 tablespoons of the lemon juice in a food processor. Whiz for a minute, then add salt and pepper or more lemon juice to taste. If you don't have a food processor you can chop everything finely by hand and mix together.

2. Place a frying pan or griddle pan over high heat. While it is heating, drizzle the lamp chops with the olive oil and season with salt and pepper. Place in the hot pan and cook for 2-4 minutes on each side, until just pink in the centre. Serve immediately with a drizzling of the sauce.

RECIPE FROM RACHEL'S IRISH FAMILY FOOD BY RACHEL ALLEN (COLLINS, 2013)

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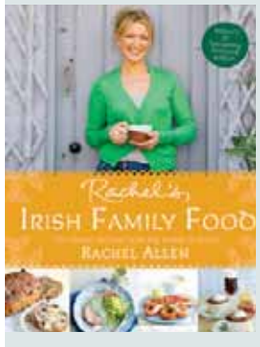

Ireland's bestselling cookbook authors. In Rachel's Irish Family Food, she shares 120 authentic recipes.

A healthy mix of traditional and modern Irish cooking, the book also contains stories, history and insights into Irish life from across all the counties of the country.

Among the recipes in this book are: Kinoith Pork Casserole, Irish Stew, Irish Sunday Roast, Sautéed Buttered Cabbage, Pea and Spring Onion Champ, Turkey and Ham Potato Pie, Iris Coffee Cups and more.

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This recipe serves four to six. PHOTOS FROM RACHEL'S IRISH FAMILY FOOD BY RACHEL ALLEN (COLLINS, 2013)

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Higgins hands Jets fifth straight loss

NHL. Canucks bounce back from Islanders loss to earn shootout win

The Canucks' Chris Higgins and Alexandre Burrows celebrate Higgins' winning shootout goal over the Jets in Winnipeg on Wednesday. The Canucks defeated the Jets 3-2. JOHN WOODS/THE CANADIAN PRESS

Chris Higgins had the only goal in the shootout as the Vancouver Canucks handed the Winnipeg Jets their fifth straight loss with a 3-2 victory on Wednesday night.

Higgins did some quick stick-handling on his way toward Jets goalie Ondrej Pavelec and flipped the puck by him after the netminder went down.

Vancouver (30-28-10) is now 2-4-1 in their last seven games.

The game was a big improvement for the Canucks, who collapsed on Monday and gave up seven goals in the third period in a 7-4 loss to the New York Islanders.

The Jets (30-28-9) are 0-2-3 in their last five.

Alexandre Burrows, with the first and second goals of his injury-marred season, tied the game 2-2 at 11:17 of the third period.

Jets defenceman Zach Bogosian was trying to get the puck out from behind the net, but the puck flipped up high to Burrows at the front side and he batted it in past Pavelec.

It was only Burrows' 36th game of the season.

Andrew Ladd scored his 18th goal of the season and Michael Frolik added his 13th that put the Jets ahead 2-1 early in the third period.

Centre Ryan Kesler left the game late in the second period after a knee-on-knee collision with Winnipeg Jets defenceman Jim Slater, and did not return. According to Dan Murphy of Sportsnet, Kesler is on his way back to Vancouver to undergo further testing on his leg. The Canucks are currently on a four-game road trip.

THE CANADIAN PRESS, WITH FILES FROM CAM TUCKER/METRO

On Wednesday

Canucks	Jets
3	2

Gillis quiet on Torts rumours

Mike Gillis doesn't think John Tortorella deserves full responsibility for the disaster that this Vancouver Canucks season has become, yet also did not absolve him of blame.

- Gillis wouldn't comment on "rumour and speculation" when asked if Tortorella would remain the coach through the end of the season. In doing that, the general manager did little to quiet the rumblings.

"They're not excuses but we've had massive injuries this year, we've had key guys out of our lineup for extended periods of time.... It is what it is. We have to continue to try and find ways to win games."

Canucks GM Mike Gillis

Paralympics

McKeever picks himself up to win second gold medal in Sochi

Two hundred metres into the race, Brian McKeever was suddenly on his backside and it appeared his ninth career Paralympic gold medal was slipping away.

But he wasn't letting it go without a fight, and the Canmore, Alta., cross-country skier, led by guide Graham Nishikawa of Whitehorse, caught up to the pack to win the men's visually impaired sprint at the Sochi Paralympics on Wednesday.

Brian McKeever CANADIAN PARALYMPIC COMMITTEE/TORSTAR NEWS SERVICE

It's McKeever's second gold of the 2014 Games and the 12th medal of his illustrious Paralympic career. The 34-year-old also won gold in the 20-kilometre event on Monday.

Canada has eight medals (two gold, two silver, four bronze) and sits third in the overall tally.

THE CANADIAN PRESS

Awaiting a silver medal

Meanwhile, alpine sit-skier Kimberly Joines of Rossland, B.C., finished second in the women's slalom, although the results are still unofficial after a German skier appealed her disqualification from the first run. A decision is expected Thursday morning.

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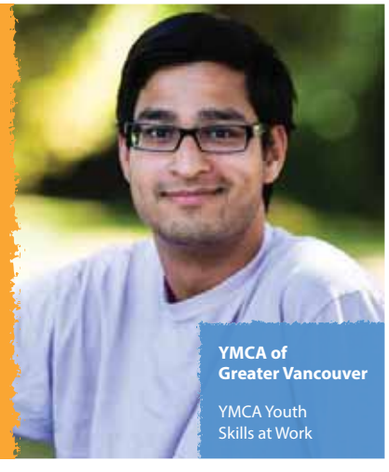

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Horoscopes

♈ Aries
March 21 - April 20
The future is not bleak, no matter what some pessimists say. In fact it is exceedingly bright and you are in the right place at the right time to take advantage of all the good things that will be coming.

♉ Taurus
April 21 - May 21
It's OK if you want to shut yourself off from the world and be alone with your thoughts for a while. Others may think you are behaving strangely but only because they are insensitive.

♊ Gemini
May 22 - June 21
No matter how go-getting and ambitious a Gemini you may be, there are times when even you must slow down and take time to smell the flowers along the way. Like right now.

♋ Cancer
June 22 - July 23
If you recently did something wrong then learn from it what you can, then put it behind you and move on. You'll make mistakes tomorrow too, of course, but your successes will far outnumber them.

♌ Leo
July 24 - Aug. 23
If you don't want to do something then leave it. Others may moan that you should be making an effort but they're wrong. You should work only on things that interest you.

♍ Virgo
Aug. 24 - Sept. 23
Today's Sun-Saturn link will encourage you to get serious about career prospects. Map out how you see your ambitions unfolding over the next six months — and who you can rely on for support.

♎ Libra
Sept. 24 - Oct. 23
Your sixth sense tells you that something drastic is going to happen. But what some people see as a disaster over the next 24 hours, you will see as a golden opportunity.

♏ Scorpio
Oct. 24 - Nov. 22
Saturn in your sign, linked to the Sun in Pisces, urges you to take life at a slower pace. What you achieve over the next 24 hours or the next 24 years, will not be determined by speed but staying power.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't waste time lamenting what might have been. Sagittarius is a Fire sign, which among other things means you should always be looking forward to the next adventure.

♑ Capricorn
Dec. 22 - Jan. 20
You may not understand how and why certain events had to happen but you can see there is no point being negative. While others complain today, you will make the most of the changes.

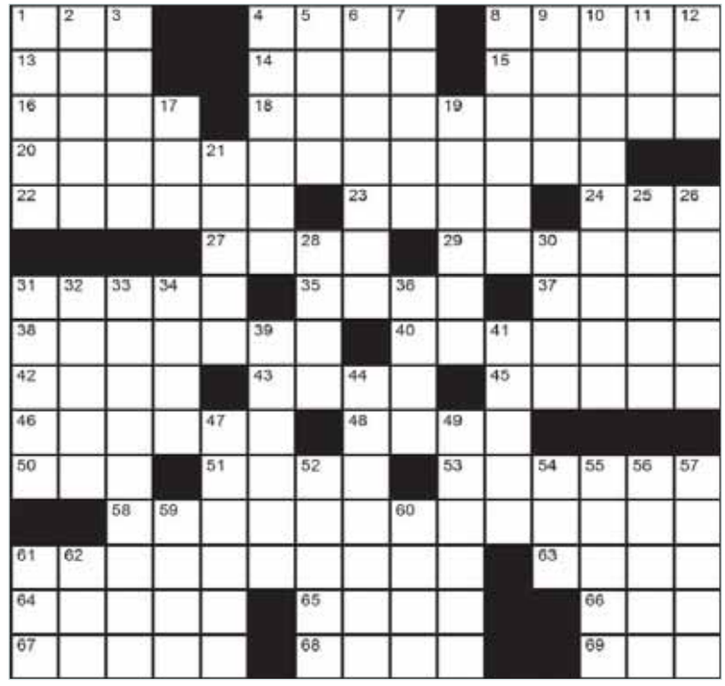
♒ Aquarius
Jan. 21 - Feb. 19
There is always an answer, even to the most difficult of questions, so don't lose heart if your existence isn't easy. Despite what some choose to believe life is, was and always will be a garden of delights.

♓ Pisces
Feb. 20 - March 20
The Sun in your sign is protecting you from harm and with Saturn on your side as well today it's as if you have some kind of force field around keeping negative ideas, and negative people, at bay. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. Kitty's rival
4. Creme Creme connection: 2 mots
8. Eminem's mentor: 2 wds.
13. Flight schedule acronym
14. City near Provo, Utah
15. Baseball great Hank
16. Slangy affirmatives
18. Trapeze-fallers catchers: 2 wds.
20. Creators of Quebec cheese Oka in 1893 in a Cistercian Abbey: 2 wds.
22. Calgary's motto on its city crest
23. Crossword rendering of an owl couple peering out
24. __ Na Na
27. Paul McCartney's 1995 radio show, __ Joobu
29. __-__ garage
31. "Rolie __ Olie"
35. Gas or elec., e.g.
37. "Diana" (2013) character
38. "Disco Inferno" by The __
40. Modernize
42. Shreds
43. Prefix to 'dermic' (Syringe sort)
45. Prayers' last words
46. Oxygen-dependent being
48. Canadian musician Mr. Kim
50. Chairman Mao's military gr.
51. Bldg. planner
53. "All __!" (Train call)
58. Randy Jackson's role on "American Idol": 2 wds.
61. Shakespearean tragedy about a General of Rome
63. Unaccompanied
64. __ Building (NYC's mecca of '50/'60s songwriting)
65. Foul
66. Race the engine
67. War horse
68. "Be _ __!" (Help out!)
69. Saskatoon's airport code

Down
1. Banff National Park: __ Glacier
2. Sean Penn movie, "_ __" (1997)
3. Banana/custard tasting fruit [var. sp.]
4. Square Dancing call
5. Ages
6. Omitted: 2 wds.
7. Write _ __ (Do office work)
8. Any __ __ (Tomorrow, perhaps?)
9. Position
10. 'No jeans' policy: 2 wds.
11. Moulder
12. Nav. designation
17. Facials-getting site
19. Play the flute
21. Preamble
25. Actor, Thomas __ Church
26. Botanical casings
28. Overly ornate
30. Basketball's Lamar
31. Sink's plumbing fitting, _-__
32. Bay window
33. Portage __ __, Manitoba
34. Cream's "__ __ Glad"
36. Music's __ & Wine
39. Carbolic acid
41. 1994 Oasis album: 'Definitely __'
44. Soup ingredient
47. Look!
49. __ in distress
52. Tropical fruit
54. Some film roles, Walk-__
55. 'Affirm' suffix (Giving assent)
56. Watch brand
57. Celine Dion song: "I __ All Night"
59. Cairo's river
60. __ Varner, Lee Remick's role in "The Long, Hot Summer" (1958)
61. TV network
62. Food scrap

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7	8		4	9	6			
								6
	2	4	1			8		
2				7				8
		5				7		
4				1				2
		7			9	4	5	
3								
			5	8	1		7	3

Yesterday's Sudoku

6	8	3	7	4	1	9	2	5
1	2	4	6	5	9	3	7	8
7	5	9	3	2	8	6	1	4
9	7	5	1	3	2	4	8	6
2	4	1	9	8	6	7	5	3
3	6	8	4	7	5	1	9	2
4	3	2	8	9	7	5	6	1
5	1	7	2	6	4	8	3	9
8	9	6	5	1	3	2	4	7

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11°/7°
Variable

Friday
11°/7°
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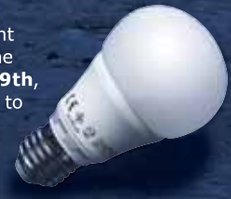
Read more at IKEA.ca/brighterlives



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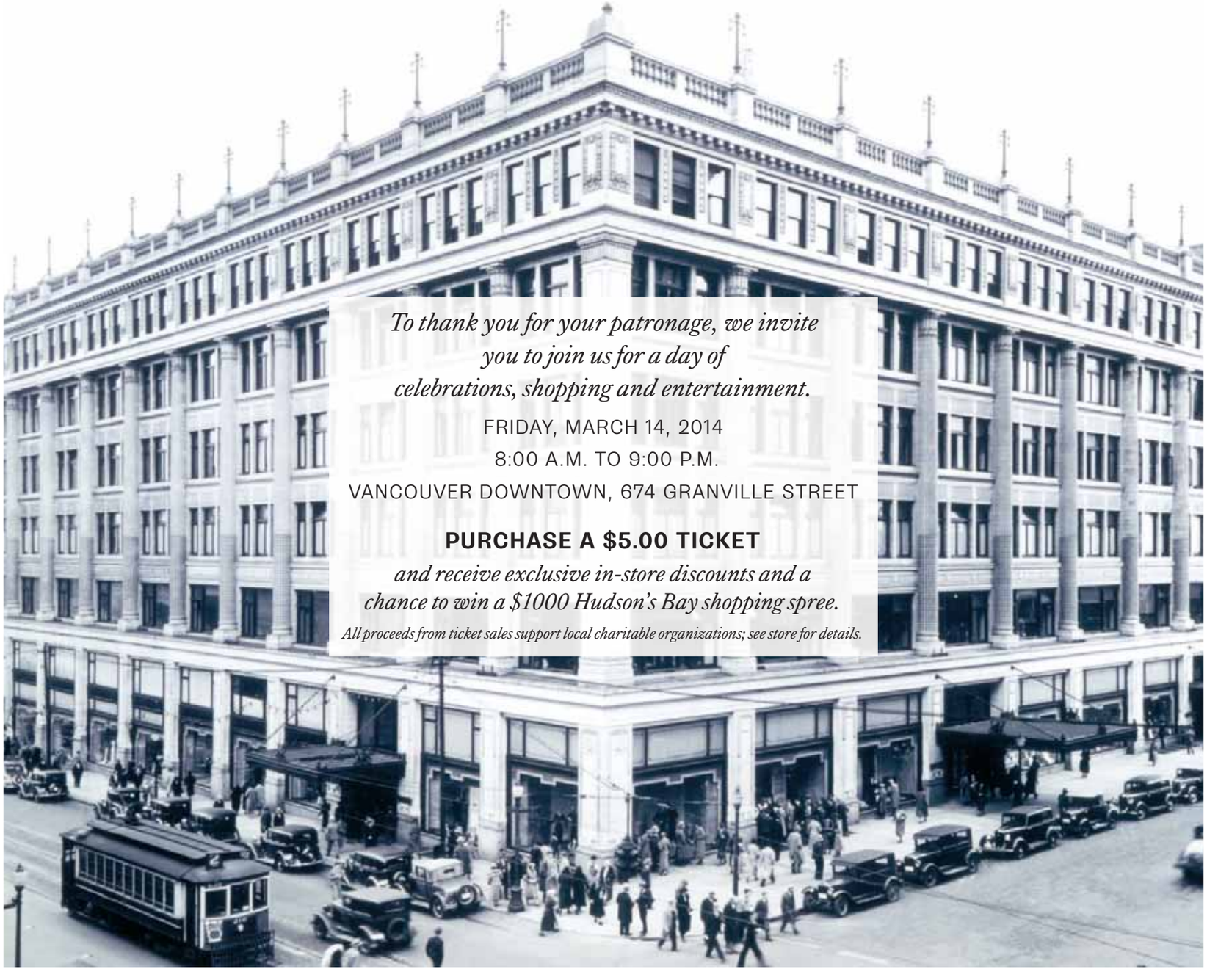
VANCOUVER DOWNTOWN IS CELEBRATING ITS **100TH ANNIVERSARY**



To thank you for your patronage, we invite you to join us for a day of celebrations, shopping and entertainment.

FRIDAY, MARCH 14, 2014

8:00 A.M. TO 9:00 P.M.

VANCOUVER DOWNTOWN, 674 GRANVILLE STREET

PURCHASE A $5.00 TICKET

and receive exclusive in-store discounts and a chance to win a $1000 Hudson's Bay shopping spree.

All proceeds from ticket sales support local charitable organizations; see store for details.

HUDSON'S BAY